

Wk9(31)



**ASSIGN
BUSTER**

Wk 9 (31) Assignment I talked to a friend this week who is using medical marijuana to help curb chronic pain. He and I had a very interesting conversation and I observed how I encouraged him to continue.

1. "Are you for real?" This question often came as we were talking about the uses of medical marijuana and how it was used to stop pain. My friend thought I should know more about it. I would respond with, "yes, I'm telling you the truth" and I would ask questions about how it helped his pain. I asked him if he could give me examples of how it helped and how it would keep him out of jail if he were caught with some on him. He explained about the registration process.

2. "This really isn't fair." This phrase came up several times as my friend was talking about the benefits of medicinal marijuana. I asked him why he thought these things were not fair and I encouraged him to give it more meaning for him.

3. "It makes me feel very good". This is a phrase that many people say but that was difficult for my friend because he does not know how he feels most of the time. He has other health issues so I encouraged him to talk about how the other health issues relate to his use of medicinal marijuana.

4. "You're kidding me!" Another phrase like #1 but it is used when my friend wants to communicate a fact that he finds intriguing and at the same time amazing. He would say this in relationship to my requests about the legal ramifications of his using the marijuana.

At the end of the conversation I paraphrased what he had said to make sure that I had all the "facts" correct. My friend said that he had a good conversation and was happy that he could help me with my school project. The difference between eliciting a comment and giving meaning to

something a client says is best served by examples. When one is eliciting a comment from a client, the therapist is asking for more information about something specific. As an example, a client may be talking about their daughter and how they are angry with them. The therapist might ask, "so you are pretty upset with your daughter for [blank]". The client will most likely say something like, "yes, I am." This example shows how one might elicit a comment from a client. On the other hand, the therapist may state, "tell me more about that." In this way, the therapist is asking for more information about the reasons why this individual is so angry at their daughter and asking for a deeper meaning than, "because she won't listen to me".

Ivey, Ivey, & Zalaquett (2010) suggest that when you use eliciting or reflection you are using whichever one is appropriate for the specific situation you are in (p. 324). When I would ask a client about the fact that she is upset with her daughter, I would want the client to comment on the purpose of their being angry and what they did to show it.

Ivey et al. (2010) also content that reflection is more a skill that will help the individual reflect their feeling. Some of the key words they may use might be "meaning," "deeper understanding" or "vision" may be present from the client either consciously or unconsciously (p. 324). It is important as a therapist to understand the meaning of these two skills so that they know when to use each one appropriately.

Reference

Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2010). *Intentional interviewing and counseling: Facilitating client development in a multicultural society* (7th ed.). Belmont, CA: Brooks/Cole, Cengage Learning.